Better Health Care At Home

by Cy Brickfield

The U.S. General Accounting Office has now confirmed what many of us have suspected for years — a substantial majority of older people could receive more care at less cost in their own homes than in nursing homes or other institutions, if only home health care services were available.

In a report to Congress, the GAO calls for a national policy for home health care. "Until older people become greatly or extremely impaired, the cost for home services, including the large portion provided by families and friends, is less than the cost of putting these people in institutions," the report says.

Unfortunately, less than one per cent of the money presently spent under the Medicare program and less than one-half of one per cent of Medicaid funds are used for home health care services. This is an indication that most national efforts to provide health services have focused on the institution, not the individual.

The quality of our nation's health care system cannot be measured by the numbers of hospitals and nursing homes we have built. The uncoordinated proliferation of hospitals, clinics and nursing homes throughout the country has not really improved the quality of health care. In some areas hospitals remain overcrowded; in others, empty beds are the rule. And everywhere, increasing operating costs and patient charges are a very serious problem.

Nor can our progress be measured by the increased availability of the latest medical equipment. In far too many cases, this expensive equipment has been purchased with little or no regard to the needs of the community. This tendency of hospital administrators and other health officials to "keep up with the Joneses" has resulted in a widespread pattern of duplicative and overlapping services and unnecessary costs to institutions and, ultimately, to patients.

Despite these problems, almost every governmental and private insurance program in existence today remains heavily geared toward institutional care, with no consideration of possible alternatives. I believe that we are making a grave mistake by continuing to pour money into programs that encourage institutionalization without exploring the possibility of less expensive, more practical methods of providing health care.

Surely, as the GAO points out, home health care is such an alternative.

Health care planners have long accepted the premise that older people are better off in their own homes than in institutions when adequate home health care services are available. The 1971 White House Conference on Aging emphasized that "the greatest need is to help more older Americans to go on living in their own homes."

Why must an individual who needs a simple injection once a day, or who needs help taking a bath, preparing meals or doing general housework, leave home and live in a hospital or nursing home?

Wouldn't it make much better economic sense to allow that person to remain at home by providing home health care or homemaker service rather than forcing him or her into an institution, at far greater cost to the individual and to the taxpayers?

Hospitals and nursing homes are, of course, indispensable for those who are seriously ill or who require intensive care. But in our zeal to provide such facilities, we should not forget that millions of Americans could be receiving more effective, more efficient care in their own homes.

Initial experiments with home health care programs in several parts of the country have been successful. And the concept has been endorsed by the American Medical Association, NRTA and AARP, and a number of other health care and consumer groups.

Not only would a national home health care policy save millions of tax dollars each year, it would also help reduce the tragic human cost of tearing older people from their homes and their communities.

The GAO urges that the 200,000 new public service jobs proposed by President Carter in his welfare reform package be focused on the home care needs of the sick and elderly who live alone or without family support.

From both a humane and an economic standpoint, this would be an excellent idea.

(Cyril F. (Cy) Brickfield is the executive director of the non-profit, non-partisan National Retired Teachers Association and American Association of Retired Persons in Washington, D.C.)

"Love sought is good, but giv'n unsought is better." Shakespeare

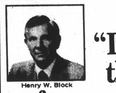
Q. Does infant formula supply enough of the essential vitamins which my seven-month-old needs?

A. Yes. Infant formula supplies essential vitamins and minerals at recommended levels. Cow's milk is lacking in a number of important nutrients—vitamins E and C, and the minerals iron and copper.

The low iron level of cow's milk can be critical since iron undernutrition is the most common nutritional problem of American babies. Iron undernutrition is often characterized by pallor, listlessness and irritability.

An infant's need for iron and other minerals often increases at the age of 4 to 6 months as the natural mineral reserves run out. Infant formula, such as Enfamil, can help replenish iron and other minerals. Unfortunately, this is the very time that many babies are switched from formula to cow's milk.

Cow's milk contains only trace amounts of iron. The leading infant formulas are available in With Iron forms offering significant levels of iron to help prevent iron undernutrition in your baby. And, Enfamil even has a significant level of iron in the Regular form.



Henry W. Block

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9 WADSWORTH ST. LYNCHBURG, VA. 846-1387 Mon.-Fri. 9-9 Sat. & Sun. 9-5
1101 CHURCH ST. LYNCHBURG, VA. 845-6327 Mon.-Sat. 9-5
ROUTE 29 MADISON HEIGHTS, VA. 845-4718 Mon.-Fri. 9-9 Sat. & Sun. 9-5

Altavista, Va. 369-4800 — Mon.-Fri. 9-9 — Sat. 9-5

Also in Sears Town Barbour Mall during regular store hours

NEWS OF SAFETY

Don't Let Snow Throw You

Don't let the snow take you for a ride this winter. If you learn how to use your riding snow thrower properly you'll be on your way to a cleaner, safer yard and driveway. Here are some hints from Outdoor Power Equipment Institute experts on how to use a riding snow thrower.

SOLO JOB—Allow no passengers.

1. Every season, reread the owner's manual and make sure you know all the controls and can maneuver skillfully.

2. Allow no passengers to ride with you. Clearing snow is a solo job.

3. Before leaving your seat, disengage power to attachments, giving moving parts ample time to stop.

4. Be extra careful when backing up. Make sure no one has come into the area.

5. Reduce speed on slopes and avoid sharp turns to prevent tipping or losing control.

6. Never direct discharge at bystanders or allow anyone in front of the machine—debris may be hidden in the snow.

Follow these tips and your snow thrower won't throw you.

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For the extra heat your home needs, or for any woodburning application, get the HUNTSMAN for more heat from less wood!

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APPOMATTOX, VA.

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Some Swim suits & Shorts
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Lower Level - Triangle Plaza - Appomattox

ATTENTION ADULTS

ADULT EDUCATION PROGRAM FOR APPOMATTOX COUNTY
(All Classes Are To Be Taught By Qualified Instructors
And Are Sponsored By The Appomattox County School Board)

REGISTRATION - By Phone: Call 352-8253
By Mail: Return Form Below

SECOND SEMESTER CLASSES - 1978

COURSE	TIME	CLASS BEGINS	LENGTH OF COURSE	COST	LOCATION
Adult Basic Education					
Adult Basic Class (Classes for adults who did not finish High School and who desire to work toward securing the State Equivalency Certificate)	Tu & Th, 7:00-9:30 p.m.	Class continues from first semester. Persons may enroll now for the remainder of the class.		FREE	Adult Education Center at Appomattox Elementary School
General Adult Education					
Art (Drawing & Painting)	Tuesday, 7:00-9:30 p.m.	Tuesday Jan. 31	30 Hours	$15.00 plus cost of materials	ACHS Art Department
GED Review Class (for adults who want to take the high school equivalency examination)	Tu & Th, 7:00-9:30 p.m.	Tuesday, Jan. 31	55 Hours	$20.00	ACHS, Room 303
Physical Education (Men)	Mon & Th, 7:00-9:00 p.m.	Thursday, Feb. 2	44 Hours	$7.50	ACHS Gym
Physical Education (Women)	Monday, 7:00-9:00 p.m.	Monday, Jan. 30	30 Hours	$5.00	AMS Gym
Vocational and Technical					
Bricklaying	Tu & Th, 7:00-9:30 p.m.	Tuesday, Jan. 31	50 Hours	$15.00	ACHS Masonry Department
Farm Machinery Repair (Appomattox)	Tu & Th, 6:30-10:00 p.m.	Tuesday, Jan. 17	105 Hours	$5.00 Plus cost of materials	AMS Vo-Ag DEpt.
Farm Machinery Repair (Pamplin)	Monday, 6:30-10:00 p.m.	Monday, Jan. 16	70 Hours	$5.00 plus cost of materials	Shop, Pamplin Elementary School
Sewing, Beginning	Thursday, 7:00-9:30 p.m.	Thursday, Feb. 2	30 Hours	$10.00	ACHS Home Ec. Dept.
Sewing, Intermediate and Advanced	Thursday, 7:00-9:30 p.m.	Thursday, Feb. 2	30 Hours	$10.00	ACHS Home Ec. Dept.
Typing, Beginning	Tu & Th, 7:00-9:00 p.m.	Tuesday, Jan. 31	54 Hours	$15.00	ACHS Business Education Dept.
Typing, Advance	Tu & Th, 7:00-9:00 p.m.	Tuesday, Jan. 31	54 Hours	$15.00	ACHS Business Education Dept.
Upholstery	Thursday, 7:00-10:00 p.m.	Thursday, Feb. 23	30 Hours	$10.00	Home Economics Dept. ACHS
Woodworking	Tuesday, 7:00-9:30 p.m.	Tuesday, Jan. 31	25 Hours	$10.00 plus cost of materials	ACHS, Vo-Ag. Dept.
Small Engine Repair	Mon & Thur. 7:00-10:00 p.m.	Thursday, March 2	24 Hours	$10.00	ACHS Vo-Ag Dept.
Adult Farmer Evening Class (Pamplin)	Thursday, 7:30-9:30 p.m.	Thursday, Jan. 26	20 Hours	FREE	Library, Pamplin, Elemen. School
Young Farmers (Young men 18-35 years of age)	Contact Vocational Agriculture Department at ACHS for information concerning this class - Phone 352-7146				
Young Homemakers (Young women 18-35 years of age)	Contact Home Economics Department at ACHS for information concerning this class - Phone 352-7146.				
OSHA Seminar for Local Merchants	Tuesday 7:00-10:00 p.m.	Tuesday April 11	3 Hours	$2.00	ACHS DE Department
Bad Check Prevention Clinic	Tuesday 7:00-10:00 p.m.	Tuesday Jan. 31	3 Hours	$2.00	ACHS DE Department
Advertising	Thursday, 7:00-10:00p.m.	Thursday, April 20	15 Hours	$7.50	ACHS DE Department
Interior Decoration (introduction)	Thursday, 7:00-9:30 p.m.	Thursday, February 23	15 Hours	$5.00	ACHS, Home Economics Dept.

NOTE:

1. Appomattox County School Board reserves the right to cancel a class if less than ten (10) persons enroll for a class.
2. Enrollment fees to be collected by instructor at first class meeting.
3. Persons are to pre-register for a class by calling 352-8253 during the hours of 8:30 - 5:00, or by mailing the registration form below.
4. Persons interested in a class not offered, please contact R. B. Carter, Adult Education Coordinator, at 352-8253 and give information about class desired.

REGISTRATION FORM

Please enroll Miss / Mr. / Mrs. _____ in the following course
First Middle Last
_____ Telephone number _____
Course Name
and address of enrollee _____

Mail to: Adult Education Coordinator
Appomattox County School Board
P. O. Box 548
Appomattox, Virginia 24522

photo by Robert E. Pankey

MISS PATSY ANN HUGHES

Engagement Is Announced

Mrs. Thelma C. Hughes proudly announces the engagement of her daughter, Patsy Ann to Timothy Wayne Pierce, son of Mr. and Mrs. Foster L. (Jimmy) Pierce, all of Appomattox.

Patsy, a 1974 graduate of Appomattox County High School is also the daughter of the late Sidney W. Hughes. She is employed with Pierce-Johnson Lumber Co., Inc. in Dillwyn, VA.

Tim, a 1975 graduate of Appomattox County High School is also employed with Pierce-Johnson Lumber, Co., Inc., Dillwyn, VA.

The wedding date is set for April 29, 1978 at 7:00 in the evening at Liberty Baptist Church in Appomattox.

Although no invitations are being issued, friends and relatives are invited to attend.

Appomattox Chapter U.D.C. members at Lee - Jackson - Maury luncheon pose around "Surrender at Appomattox" centerpiece recreated by Mrs. Tilden Lee, chapter member.

UDC Held Luncheon Meeting

The Appomattox Chapter of the United Daughters of the Confederacy met on Thursday, January 19 at 12 o'clock noon at the John Mosby Inn Restuarant for a luncheon commemorating the birthdays of a trilogy of Confederate heroes, honoring General Robert E. Lee, General Thomas F. "Stonewall" Jackson and Matthew Fontaine Maury, as their birthdays fall in January. Mrs. Hazel Lee Martin returned thanks for food.

There were twelve members and one visitor in attendance.

Mrs. Harriett Cunningham, president, presided, leading the group in pledges to the United States Flag and salutes to the Virginia Flag and to the Confederate Flag. She also read the ritual. The Confederate Prayer was read by Mrs. Lena Eversole.

Mrs. Lucille Ferrell, chapter historian, presented the program on "Lee", "Jackson" and "Maury".

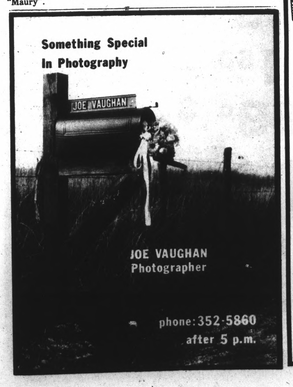
General Robert E. Lee

On April 18, 1861 Lee was offered the command of the New Union Army by a representative of President Lincoln. He was offered top rank, but under conditions which he could not accept.

Lee wrote to his sister in Baltimore, "With all my devotion to the Union, and the feeling of loyalty and duty as an American citizen, I have not been able to make up my mind to raise my hand against my relatives, my children, my home."

Chances are, the dollars you contribute to the Heart Campaign might have to work for you and your loved ones. Keep this in mind when the Heart volunteer knocks on your door. Help your heart by helping your Heart Association. They are fighting for your life.

Something Special In Photography



JOE VAUGHAN
Photographer

phone: 352-5860
after 5 p.m.

Local Retired Teachers To Meet Feb. 7

The Appomattox County Retired Teachers will hold a luncheon meeting at noon on Tuesday, February 7, at Maudes Restaurant.

Following the luncheon, a business meeting will be held and a program presented.

Full attendance is desired.

APPOMATTOX PRIMARY PTA TO MEET JANUARY 30

The Appomattox Primary School P-TA will meet on January 30 at 7:30 in the evening. The meeting was originally planned for January 19 but was cancelled because of weather conditions.

The topic, "Who Funds My Child's Education" will be discussed by Lloyd Walton, Superintendent of Appomattox County School System, and Ms. Pat Torrence, Principal of Appomattox Primary School.

Also, part of the evening's activities will be an art show by the children of APS. Parents are urged to attend the meeting and then to enjoy the art exhibit.

FOR THE FINEST IN OFFICE SUPPLIES
See
THE TIMES-VIRGINIAN
Front Entrance
Court St. - Appomattox, Va.

Mary Custer Lee wrote to a friend: "My husband has wept tears of blood over this terrible war, but as a man of honor and as a Virginian, he must follow the destiny of his State."

A sketch of "Jackson" described him as the man we know he was. "A Christian in faith - a child in his sympathies - a general who cared not for the world's admiration so much as for the comfort of any single man who followed him in his wonderful marches.

He died without bitterness. When he was struck down at Chancellorsville amid the roar of battle, he was removed to die in the softest peace. His life went out as he whispered "Let us cross over the river and rest under the shade of the trees."

Matthew Fontaine Maury

He was a modest man despite the many honors showered on him at home and abroad for his invaluable contributions in the field of oceanography. He was born in Virginia and followed his State and offered his services to the Southern cause. He was given a Confederate commander's commission and put in charge of harbor defenses.

We see in the lives of our great Confederate leaders that their devotion to Christian principles that guided them to victory and sustained them in defeat.

We can give a silent prayer of thanks for their examples and resolve in every way to follow as best we can their practices in Christian principles and their patriotic spirit in love for our country.

Mrs. Tilden Lee,
U.D.C. Publicity Chairman

SOCIETY

J. Lloyd Hudson spent Sunday and Monday of this week with relatives in North Carolina and in Clarksville.

* * *

Mr. and Mrs. Paul Bishop and son, Joe, of Richmond, spent the week end with her mother, Mrs. Arye Paulette, of Route 1, Appomattox. Mrs. Paulette returned with them for a visit in the Bishop home.

* * *

Mrs. Glenda P. Hackett is a patient in the Virginia Baptist Hospital where she underwent surgery on Sunday.

* * *

Mrs. Lillian M. Rush, of Kenbridge, sister of Mrs. David Paulette, is a patient in St. Mary's Hospital in Richmond, where she is recovering from a heart attack.

* * *

Miss Ora Paulette, Miss Phyliss Paulette, Mr. and Mrs. James Moore and Pam Moore spent Sunday in the home of Mrs. Carolyn Elliott, of Danville.

* * *

Mr. and Mrs. John R. Harris and Mrs. Clarence Moore were luncheon guests, Sunday of Mrs. Walker Jung at the Rutledge Inn.

* * *

Mr. J. A. Smith has returned home from the Virginia Baptist Hospital after undergoing surgery.

* * *

Dieting Wisdom

If too much holiday eating turns your thoughts toward dieting, consider the important role of beef in the weight reduction diet. When it comes to protein, iron, niacin, thiamin, riboflavin and Vitamin B_{12} beef supplies large amounts of these nutrients in proportion to calories. For example, a typical cut of beef round steak has a protein to calorie ratio of 5.3 to 1, an iron to calorie ratio of 1.7 to 1, a niacin to calorie ratio of 2.5 to 1, a riboflavin to calorie ratio of 1.2 to 1, and a B_{12} to calorie ratio of 3.5 to 1. Because of this high nutrient density, beef is particularly important to those watching their weight.

Write Right With The Pen Of Your Choice
The Times-Virginian
Front Entrance
Court St. - Appomattox, Va.

INSULATE your PIPES!
PREVENT FREEZING IN BRIEF COLD SNAP! use
WRAP-ON #40 FIBER GLASS INSULATION

35' ROLL
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Appomattox, Va.

BIBLE BAPTIST CHURCH
Appomattox, Va.
Earnie W. Lucas - Pastor

Sunday School - 10:00 A.M.
Morning Worship - 11:00 A.M.
Youth Hour - 6:45 P.M.
Evening Worship - 7:30 P.M.
Prayer Meeting - 7:30 P.M.
Puritan Pulpit - 9:00 A.M.
(Daily On W.T.T.X.)

"Where Visitors Are Always Welcome"

Hints For Homeowners

Tips To Help You
COLOR IN THE KITCHEN

You don't have to spend a lot of long green to give your home a bright new look, if you use a little ingenuity—and a lot of color.

Now, natural is what's wanted. Kitchens can come alive with pots of bright green plants, dried flower decorations and gleaming glass jars full of colorful, natural foods, such as cereals, coffee, and legumes.

Wood cabinets are growing in popularity, and natural-wood or natural-color cabinets, tables and chairs are charming complements.

You can apply your color sense to appliances now, too. Many home decorating experts suggest you get major appliances in one or more of the new natural colors available, and add bright hues in accessories, wallpaper, paint and flooring.

Some of the colors you can acquire include soft, natural almond that blends beautifully with any decorating scheme; cool, luscious avocado that seems to bring the freshness of the great outdoors right into your kitchen; deep down-to-earth coffee that adds a touch of rustic country charm to any kitchen; natural, bold, earthy terra cotta; sunshine wheat, a pleasant, subtle blend of warmth and vibrancy; and sparkling snowcrest white for a cool, crisp contemporary look. All these new colors are available in the entire line of fine Frigidaire appliances—refrigerators, freezers, laundry products, ranges, ovens, cooking tops, dishwashers, trash controllers and room air conditioners.

COLOR IN THE KITCHEN is natural now, with just a pinch of spice.

All this natural color can help make your surroundings seem more cheerful, and that, naturally, can color the way you see things.

Sunny's Notebook

By Sunny Griffin — Beauty & Fashion Director, Avon Products, Inc.

BEAUTY IS HEALTH!

I am happy to announce that the American standard of beauty has changed. Today's woman strives to be healthy, vibrant, outdoorsy, a natural looking woman. The most important word in beauty today is "health". It doesn't matter what your features are like, it's the effervescence of good health that makes you beautiful.

Glowing skin is very important and the very best thing you can do for your skin is to have good circulation because it's your blood stream that nourishes all the cells of the body. A physically fit body has good circulation and exercise improves the circulation.

Another aspect of good health which we are becoming more and more aware of is good nutrition. More people everyday are becoming concerned about their diet and eliminating things like chemical additives, white flour and sugar.

But, being healthy and natural looking certainly doesn't eliminate our need for cosmetics. Instead, we look for makeup that is good for our skin—with moisturizers and sun screens. And an excellent skin care regimen becomes very important.

SAVE 10%
On ANY Combination Storm & Screen Door

Purchased from our stock 'til Feb. 15
J. E. SEARS CO., INC.
"EVERYTHING TO BUILD ANYTHING"
Appomattox, Virginia

COMMUNITY SENIOR 4-H NEWS

The Community Senior 4-H Club met Jan. 11, 1978, at 7:30 in the Appomattox County Extension Office.

Old business was discussed of the Christmas Party the club gave at the United Methodist Church. The picture above is of the children, Santa Claus and two club members.

New business was discussed for a Public Speaking Contest, which will be held for all county members, that wish to participate.

A raffle was discussed for a club money raising project.

Wendy Lee, Reporter

PRIMARY MENU

Monday, January 30
Tuna Sandwich, Green Peas, Apple Sauce, Cake and Sauce, Milk

Tuesday, January 31
Chili Beans, Slaw, Peanut Butter Crackers, Roll, Butter, Milk, Fruit

Wednesday, February 1
Pizza, Salad, Cheese sq., Milk, Fruit

Thursday, February 2
Hamburger on Bun, Cabbage, Potato Puffs, Pudding, Milk

Friday, February 3
Fish Sticks, Mixed Greens, Macaroni and Cheese, Ice Cream, Milk.

IT PAYS TO ADVERTISE IN THE TIMES-VIRGINIAN

PRECIPITATION

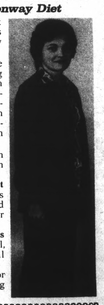
Last Week	.71
This Month	3.75
This Year	3.75
Normal for Month	2.76

Happy Birthday Johnna

Mike, Doug, Ken and Jeffrey

R. E. Pankey
CREATIVE PHOTOGRAPHY
Appomattox, Virginia Phone 804-352-5501

Loses 102 lbs. in 9 months
Credits Healthy Conway Diet



Mrs. Diane Bingham has lost 102 pounds in just 9 months while following the Conway 1000 Diet.

"It's a wonderful way to lose weight! I enjoyed 3 satisfying meals a day, plus snacks. I am healthier, happier and more outgoing than when I was overweight. Life is more fun. I am happy to recommend the Conway program," says the slim mother of four.

The Conway weight reduction program consists of three main elements:

- **A balanced, 1000 calorie diet** that includes all food groups and exceeds the established nutritional requirements for adults
- **Weekly educational seminars** that deal with the physical, nutritional and emotional causes of overweight
- **The Forever Slim plan** for permanently maintaining slimness

NEW MEMBERS — SAVE $5.00
You will save the usual Registration Fee of $5.00 if you bring this coupon with you to any meeting listed. Pay only the weekly seminar fee. Offer expires Friday, February 10, 1978.

Weekly Insight-Motivation Seminars
Appomattox - Mondays, 7:30 P.M.
Fidelity Branch Bank, Moses St.
Or Call 248-6771
Brookneal - Mondays, 7:30 P.M.
Sears Catalog Store
New Members Always Welcome
Registration $5.00 plus Weekly Seminars $2.75
CONWAY DIET INSTITUTE—No Fish Required

BOOTS

Ladies' Slip-On Boot Size 7-11 $10.99
Ladies Pull-Over $3.99
Men's Tingley Size 8-13 $8.99
Ladies' Rain-Pal $4.99
Ladies' Tingley Size 6½-9½ $7.99
Men's Tingley Oxford Size 6½-13 $4.99
Men's Insulated Boot Size 8-12 $9.95

Open Each Friday Nite Until 7 P.M.
NEW SHIPMENT LIMITED STOCK
MARSHALL'S DEPT. STORE
Main Street Appomattox, Va.